

Live HealthSmart

GROCERY LIST

Perishable Food Items

- 1 dozen Eggs
- 1-16 oz Low-fat milk plain yogurt
- 1-8 oz package Cheese (12 slices), slices
- 1-8 oz bag Cheese (shredded), four cheese mexican
- 1-7.5 oz container Reduced fat cream cheese
- 4 Tomatoes
- 1 small White onion
- 1 Red delicious apple
- 3 small Bananas
- 12 pounds Lean ground beef (90/10)
- 4 pieces of Chicken breast
- 1 pound Ground turkey
- 4-4 oz Center-cup pork chops
- 9 oz Ham, sliced
- 10 6-inch whole wheat tortillas

Nonperishable Food Items

- 4 English muffins, frozen
- 10-oz red enchilada sauce, canned
- 1-15.5 oz can Chunky salsa
- 3-15 oz cans Diced tomato, canned
- 2-15 oz cans Beans, canned (black beans, kidney beans, combo, etc.)
- 1-15 oz can Green peas, canned
- 1-8 oz Berries, frozen or 1-8 oz can Berries, canned
- 1-18 oz container Rolled oats
- 1-2 lb Broccoli, frozen
- 1-10.5 oz can Cream of chicken soup, canned
- 2-8.8 oz package Pre-cooked brown rice
- 12 oz medium shrimp, frozen
- 1-10 oz can Condensed cream of celery soup, canned
- 1-28 oz package Hash Brown, frozen
- 1-10 oz bag Spinach, frozen or can Spinach, canned
- 1 container Nuts or Trail mix of choice

